

Full Report (All Nutrients) 45134412, BANQUET Fish Sticks Meal, UNPREPARED, GTIN: 00031000109431

Based on the GS1 Global Data Synchronization Network, [Powered by 1WorldSynch](#)

Report Date: May 26, 2017 14:38 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer ConAgra Foods Inc.

Nutrient	Unit	Data points	Std. Error	1 Meal (207g) 207g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	310	150
Protein	g	--	--	10.00	4.83
Carbohydrate, by difference	g	--	--	47.01	22.71
Sugars, total	g	--	--	28.01	13.53
Minerals					
Calcium, Ca	mg	--	--	81	39
Iron, Fe	mg	--	--	1.80	0.87
Potassium, K	mg	--	--	385	186
Sodium, Na	mg	--	--	530	256
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	2.5	1.2
Vitamin A, IU	IU	--	--	749	362
Lipids					
Fatty acids, total saturated	g	--	--	2.50	1.21
Fatty acids, total monounsaturated	g	--	--	2.01	0.97
Fatty acids, total polyunsaturated	g	--	--	4.00	1.93
Fatty acids, total trans	g	--	--	0.00	0.00
Cholesterol	mg	--	--	21	10

Amino Acids

Other

Ingredients

MACARONI AND CHEESE SAUCE: COOKED ENRICHED MACARONI (WATER, ENRICHED MACARONI [DURUM WHEAT SEMOLINA, NIACIN, FERROUS SULFATE {IRON}], THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID)), CHEDDAR CLUB CHEESE (PASTEURIZED CULTURED MILK, SALT, ENZYMES, ANNATTO COLORING), WHEY, MODIFIED CORN STARCH, WHEAT FLOUR, SOYBEAN OIL, WHEY PROTEIN CONCENTRATE, CHEDDAR CHEESE FLAVOR (WHEY, CHEESE [GRANULAR AND BLUE {PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES}], SUNFLOWER OIL, MALTODEXTRIN, SALT, SODIUM PHOSPHATE, CITRIC ACID, LACTIC ACID), BUTTER (CREAM, SALT), SALT, DISODIUM PHOSPHATE, MONO- AND DIGLYCERIDES, CITRIC

ACID, CORN OIL, BETA CAROTENE (COLOR), TOCOPHEROLS. CHOCOLATE PUDDING: WATER, SUGAR, DAIRY PRODUCT SOLIDS (MODIFIED WHEY, REDUCED PROTEIN WHEY, WHEY SOLIDS), MODIFIED CORN STARCH, SWEET CREAM POWDER (SWEET CREAM, NONFAT MILK, SODIUM CASEINATE, TOCOPHEROL), COCOA POWDER, MALTODEXTRIN, ACETIC ACID ESTERS OF MONO- AND DIGLYCERIDES, SOY LECITHIN, SALT, SOYBEAN OIL, CELLULOSE GEL, CELLULOSE GUM, CITRIC ACID. FISH STICK: MINCED POLLOCK, BREADING (BLEACHED AND UNBLEACHED ENRICHED FLOUR [BLEACHED AND UNBLEACHED WHEAT FLOUR, NIACIN, FERROUS SULFATE {IRON} AND/OR REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, WHEY, SALT, SUGAR, RICE FLOUR, CORN STARCH, LEAVENING [BAKING SODA, SODIUM ALUMINUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE], YEAST, CARAMEL COLOR, SODIUM CASEINATE, PAPRIKA OLEORESIN [COLOR], SOYBEAN OIL, MODIFIED CELLULOSE, OAT FIBER, PARTIALLY HYDROGENATED SOYBEAN OIL, MONO- AND DIGLYCERIDES). PARFRIED IN SOYBEAN OIL._x000D_ CONTAINS: FISH (POLLACK), MILK, SOY, WHEAT. *Date Last Updated by Company:* 09/08/2016